

Core Four Case Studies

Athena and Apollo

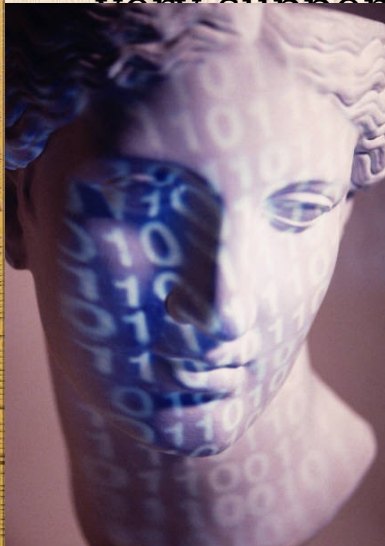


Case Studies

- It is so much easier to critique someone other than yourself.
- Let's look at two Core Four Participants and see how they are doing.
- Once you have critiqued them, you can give yourself a check up.

Athena

- **Athena** is a 38 year old mother of 3 (4, 6, & 10 years old). She joined Core Four to lose weight. She gained weight with each pregnancy, never lost it all, and has recently gained more. She is 5'4" tall and weighs 185 pounds. She has not exercised regularly in more than 4 years and finds herself out of breath and tired when sightseeing with her family. She volunteers at the elementary school one day a week while her 4 year old is at part-day preschool. To get to Core Four, she must pick up her 4 year old from preschool, and meet her husband so that he can watch the child during class. She is worried that her husband will not be able to get away from the office to keep their son, although he is being very supportive.



Initial Core Four Assessment

- Her blood pressure is 136/89 mm Hg (prehypertensive).
- Her cholesterol is within normal limits.
- Her diet readiness test indicates that she is ready to start a healthful eating plan, but may need a little more motivation to start exercising regularly.
- She believes that it is the extra weight she is carrying that is making her winded when sightseeing, not the fact that she does not exercise regularly.
- The diet readiness test also indicated that she sometimes eats she is when stressed or emotional.

24 hour diet recall for Athena

6:00-7:30 2 cups coffee w/ cream and sugar

1230: Peanut butter and jelly sandwich on white bread

the crust or son's PBJ

apple sauce

½ cup cheezits

1 cup coffee with cream and sugar

3:30 3 bagel Bites

10 Shark bites

12 oz Coke

6:30 1 Fried pork chop (about 6 oz)

1 Cup Maccaroni and cheese (Kraft with margarine and 2% milk)

½ Cup green beans

2 Dinner rolls

2 tsp Margarine

12 oz Iced Tea w/ equal

(ate 2 spoon fulls of Mac and cheese while preparing dinner)

9:30 1 ½ cup ice cream

What are Athena's "Core"

Issues? Think about the Four Core Issues.

Given what you know about Athena, what does she need to work on in the following areas?

- Behavior Modification / Relapse Prevention
- Exercise
- Nutrition
- Relaxation

Behavior Modification / Relapse

Prevention
What could she do to improve her chances of success?

Plan for reliable child care

- This would make it easier to get to class and exercise

Time schedule

- Use the time youngest is in preschool to exercise or relax. Time for her

Priorities

- Decide what is most important

Exercise

After hearing the Exercise Core Lecture she realizes that her fitness level may be a problem.

What would her initial workout plan look like?

- (Week 1 = 60-70% THR, 10-15 minutes, Week 2-3 = 70% THR 15-20 minutes, work up to 30 minutes at 70% THR.)

Slowly add strength or resistance training.

- For strength training 60% of 1 RM (repetition max) 1 set week 1, 2 sets week 2, 3 sets week 3.

Flexibility

Nutrition

Given what she is normally eating (24 Hour Recall), what are some better choices she could make?

MUST MUST MUST eat breakfast to “Break the Fast”

Make lower fat/ lower sugar choices (i.e. sugar substitute in coffee, skim evaporated milk in coffee, limit high sugar soft drinks, smaller-1/2 cup- portion of “Light” ice cream.

INCREASE fruits and vegetables.

Plan ahead to have healthy meals that are easy and quick to prepare

Relaxation

What can she do to become more in control of her feelings and emotions?

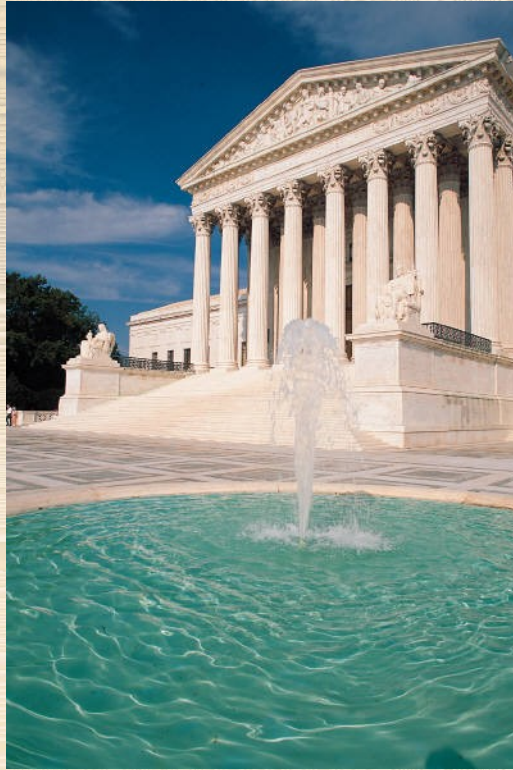
- (Regular exercise and relaxation techniques).

What resources does she have available to support regular relaxation and exercise time?

- (Identify existing behaviors and then plan to take control of her situation; spouse's commitment to help; does she have a social support network?

Power of positive thinking.

***Do you see any parallels
between you and Athena?***



Now let's look at Apollo.

Apollo

- **Apollo** is a 42 year old graduate of Core Four. He has lost 26 pounds in the past 7 months and is now 195#, which he believes is too high for his 70" frame. He is pleased with his progress but wants to get down to a "normal" BMI. He is concerned because he has not lost any weight in 3 weeks. Interestingly, it has been 3 weeks since his wife started back to school and now he must get the children to soccer and dinner 2 nights a week. They have ended up at the food court more than once.
- He has been working aerobically for 30-45 minutes 3 times a week at 70% THR for the past 6 months. He is running during the kids' soccer practice to get it in now. Much to his dismay, he noticed on a recent Volksmarch that his aerobic capacity could still use some improvement. Also, despite using an ab roller, ab crunches, captain's chair and an ab machine that he still has a "soft belly."

He realizes that he needs some help. He makes a follow-up appointment at the Wellness Center. At this appointment he states that during a long weekend in Paris he quit keeping his food record and never restarted. A 24 hour recall of his intake indicates that he is eating about 2500 calories (his goal was about 2000 for weight loss).



What are Apollo's "Core"

Issues? Think about the Four Core Issues.

Given what you know about Apollo, what does he need to work on in the following areas?

- Behavior Modification / Relapse Prevention
- Exercise
- Nutrition
- Relaxation

Behavior Modification / Relapse

Prevention
What could he do to continue his success?

- Realizing that he needed help and making an appointment are the first steps!
- “Quick Meals” at home instead of the food court.
- Journaling – if it helps, do it.
- Recognize that he is committed and still working toward his goals – he’s running at soccer!

Exercise

What should change in his workout to get where he wants to be?

- He needs to do more to lose fat by increasing the frequency, intensity, and/or time of his workouts-remember the FITT principle.
- To increase his aerobic capacity, he should change the aerobic workout - increase to 80% THR .
- Add strength training to increase metabolism.
- Lose the ab roller! Burn more calories to reduce the fat that is over the muscle.
- Additional risks: boredom, plateau. Vary the exercise routine - it helps not only with the workout, but is good for relapse prevention as well.

Nutrition

Are his goals too lofty? Or does he just need to relook at where he is? Relook!

- A “normal” BMI for him is $< 174\#$
- If the food record was keeping him more accountable, he should start keeping it again.
- Plan ahead for nights when there will be soccer practice and have left-overs, or soup and sandwich, canned fruit and baby carrots at home.
- If he must go to the food court, make better choices (i.e. whopper jr., salad, vege pizza, bean burrito.
- Recalculate calorie needs. 10 calories / # goal weight would be 1700 calories. (If he increases his exercise he may not need to drop below 2000.)

Relaxation

What are some activities that he can do to help him stay committed to his plan and to support the maintenance stage of change?

- “know how you are”, time management, planning,
- Self-renewal – relaxation, meditation, relaxation response, yoga, music, positive thinking
- Repetitive activity, such as exercise, can foster a mind-body connection

Take a good look at

Tracking your diet and exercise is a basic beginning to evaluating yourself

- Here are some links to tracking tools

<http://office.microsoft.com/en-us/templates/TC010684541033.aspx?CategoryID=CT010482871033>

<http://office.microsoft.com/en-us/templates/TC011869491033.aspx?CategoryID=CT010482871033>

<http://office.microsoft.com/en-us/templates/TC010186401033.aspx?CategoryID=CT010482871033>

<http://www.mypyramidtracker.gov/>
www.fitday.com

This has more information on wellness journaling.

<http://www.sharedpaths.com/wellness/writing.htm>

- If, like Apollo, you decide that you need help, call the Wellness Center Staff to make a follow up appointment.
- We want to help you succeed!

- Director 430-4073
- Nurse Educator 430-4658
- Dietitian 430-7322



corefour

WEIGHT MANAGEMENT